Age and weight nominations are guidelines only. Mother’s own assessment of baby’s size should determine which folding method is most appropriate. When fastening a nappy make sure the pin is pinned inside the first fold. So even if the pin comes undone, it will stick into the nappy before it sticks into the baby. Always make sure the pins are placed horizontally. If placed vertically they may poke into baby’s tummy.

**THE BASIC TRIANGLE**

1. Take corner A to corner C.
2. Take corner B to corner D.
3. Fold nappy between legs. Wrap corners around baby and fasten in front.

Best for newborn to 8 months
2268g upwards

**THE MODIFIED TRIANGLE**

1. Form a triangle by taking corner A to C.
2. Fold base of triangle down 10 cm.
3. Bring point of triangle between baby’s legs. Wrap base of triangle around baby’s waist at front.

If you wish to make nappy smaller after step 1, fold corner D to B, continue with step 2.

Best for newborn to 8 months
2268g upwards

**THE CHINESE METHOD**

1. Fold corner A and D to 2/3 of nappy.
2. Fold corner B and C and cover corner A and D.
3. Take corners A and B and fan out.
4. Take corners C and D and fold half way up nappy. Fold bottom part up and place between baby’s legs. Bring corners A and B to front and fasten to centre section.

Best for newborn to 6 weeks
3479g to 4536g

**THE SQUARE**

1. Fold in half by taking corner A to B and corner D to C.
2. Fold in half to make a square.
3. Take the two bottom corners fold in.
4. Place folded section between baby’s legs and bring around back section fasten at front.

Best for newborn to 8 weeks
2268g to 4990g

**THE SCOTTISH METHOD**

1. Fold in half by taking corner A to B and corner C to D. Then fold in half again.
2. Take corner D in right hand and pull across to make a triangle.
3. Turn nappy upside down.
4. Take corners A and D and fan out.
5. Take corners C and D and fold half way up nappy. Fold bottom part up and place between baby’s legs. Bring corners A and B to front and fasten to centre section.

Best for newborn to 4 months
1814g to 4990g

**THE KITE**

1. Take corner A to mid point between B and D. Take corner C to meet corner A.
2. Fold corner B over corners A and C.
3. Fold corner D over corner B. Place centre section between baby’s legs. Wrap corners around baby fasten in front.

Best for babies 3 months & over
4990g upwards

**THE HEXAGON**

1. Take corner A fold halfway to corner C. Bring corner C fold to meet corner A.
2. Take corner B and fold over folded C section until top edge is level with top fold.
3. Take corner D fold in same way as 2 above.
4. Place baby’s bottom with wide section at back. Bring narrow section between baby’s legs. Wrap back section around baby fasten at front.

Best for babies 6 to 12 months

**THE RECTANGLE**

1. Fold nappy in half by taking corner A and D to corner B and C.
2. Fold top and long ways 1/3 of the way down nappy.
3. Place baby’s bottom on the thickest part of the nappy. Fold between baby’s legs. Wrap back section around baby fasten at front.

Best for babies 12 months & over